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The Top of Our Heads

Fr. Randy Roche

Loyola Marymount University

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The Top of Our Heads

When we hear that someone has offered an idea off the top of his or her head, we understand that not much thinking has preceded the statement. Usually we deem these expressions to be of lesser worth than those that are well-considered and carefully articulated. A suggestion or a proposal we make before reflecting, researching, or weighing pros and cons might be of little value, or, it might be a brilliant thought of much importance. Sometimes we are more open to inspirations in our first, unreflective thoughts, because they are not influenced by our habitual opinions, prejudices, and limiting attitudes.

God often moves in us for our benefit and that of those around us by bringing something into our consciousness that has either been hidden within us, or comes fresh from the Source. God has free access to all our interior workings, and can give us promptings that enhance our freedom to make good choices. God does not have to reason with us, discuss matters at length, or prove to us the benefits or hazards of a possible direction we might take. Much as we might do for someone we love when we have complete clarity about an issue, God can provide for us insights, solutions, or initiatives that we experience as fresh thoughts arising within our minds and hearts.

We can pay attention to thoughts that come to us, and, by becoming sensitive to our experiences, recognize when God calls, invites, suggests, or gives us a loving command. Likewise we can sense the kinds of thoughts entering our minds that are the equivalent of mental "dust bunnies" that somehow appear on the floors of our consciousness, and should be cleaned out.

The mental and spiritual processes that take place within us deserve our respect and careful reflection, so that we might choose our words and actions ever more in accord with our values and ideals. Rather than taking a uniform position with regard to the thoughts that come "off the top of our heads" we can judge potential solutions or suggestions for action not only by their rational content but also by their accompanying spiritual components. Whatever comes to mind for a person who is basically oriented towards God will most often be accompanied by a sense of peace when the thought is of real value for us, and cause some disturbance of spirit when it is not appropriate for us.

Thoughts do not literally come from the top of our heads, since they are comprised of more than mere brain activity. Our hearts have a

closer relationship with our thoughts than the bond that hydrogen and oxygen atoms have in water molecules. One way to picture the inherent spiritual aspect of our thinking is this: Imagine God quietly, gently, and lovingly laying hands on the top of our heads. The gesture is that of imparting a blessing, of affirming us as individuals, and of giving us a personal appointment to some worthy endeavor.

When we become aware of our thoughts, we can make the judgment as to how they fit or do not fit our status as children of God.